



The Complete Book of Breast Feeding (Paperback)

By Sally Wendkos Olds, Laura Marks, Marvin S. Eiger

Workman Publishing, United States, 2010. Paperback. Condition: New. 4th ed.. Language: English . Brand New Book. This book offers a comprehensive introduction to breastfeeding - how to prepare for breastfeeding before baby arrives, how to involve the baby's father and other members of the family. There is a complete chapter on the proper breast feeding diet and the role exercise plays in the life of a nursing mother. There is new information on nursing and the working mum, how to prevent nursing problems and treat any that may occur. There's a full discussion on special situations, such as nursing premature babies, nursing more than one baby, nursing and breast cancer, and nursing and breast surgery, and there is an extensive chapter on weaning.



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